6TH CONGRESS OF ECOSEP
EUROPEAN COLLEGE OF SPORTS & EXERCISE PHYSICIANS
FROM LABS TO THE PITCH
Return-to-play after ankle sprain

Aude AGUILANIU
No conflict of interest
Grade & time to RTP AFTER ANKLE SPRAIN

Grade 1 → 12 days
Grade 2 → 2-6 weeks
Grade 3 → 26 weeks

Because

Does not reflect the clinical symptoms

(Tassignon et al. 2019)
The Return-to-play:

A continuum
with 3 main phases
3 Main phases

RTP PROCESS

(Ardern et al. 2016)
Assessments

RTP PROCESS

Aptitude to return to play

Return to activity

Return to sport

Return to performance

assessments

assessments

assessments

(Ardern et al. 2016)
Which are the criteria we have to assess?
No criteria consensus (Tassignon et al. 2019)
Lack of evidence (Wikstrom et al. 2019)
Established criteria
IN PROGRESS…

International Delphi study
Articles + experts

Long list of RTP criteria

154 healthcare stakeholders

Best RTP criteria

(Congress IAC, Smith et al. 2019)
(Tassignon et al. 2019)
First conclusions for:
lateral ankle sprain return-to-sport assessment

P : Pain
A : Ankle perceptions
A : Ankle impairments
S : Sensorimotor control system
S : Sport testing

(Congress IAC,
Smith et al. 2019)

(Tassignon et al. 2019)
Examples of assessments

Record
Pain scale

General

During sport activity

...(Hawker et al., 2011)
Pain scale

0 1 2 3 4 5 6 7 8 9 10

Pain ok  Too much pain

During exercises  After exercises

(Sibernajel K et al., 2007)
Questionnaires
(French version validated)

FAAM-ADL → 20 items
FAAM-Sport → 8 items
(Borloz et al. 2011)

CAIT → 9 items
(Geerink et al. 2019)
Ankle perceptions

Psychological ASPECTS

Psychological readiness

I – PRRS → 6 items

(Douglas et al., 2009)
Weight Bearing Lunge Test (measurable meter)

Reliable
(Lagarika-Rocafort et al., 2016)

Valid
(Hall et Docherty, 2016)

Norms: Right ≠ Left < 3 cm
> 10 cm
(Clanton et al., 2012; Delbarre Grossemey, 2008;
Hoch et McKeon, 2011)
Ankle Impairments
MEASURE OF MUSCLE STRENGTH

Muscle strength
(Hand Held Dynamometer)

Reliable intratester (Kelln et al. 2008)
Valid (Hall et al. 2015)
Dynamic balance
Y-Balance test

(Picot et al. 2018)

介质后
介质前
前

Norm MP > 77.5%

(Attenborough et al. 2017)

(PAASS) (Smith et al. 2019)
Think about the **sport requirements** → adapted tests

- **T-test agility**
  
  *(Paulo et al. 2000)*

- **Hop test**
  
  *(Eechaute et al. 2012)*

---

**PAASS**

*(Smith et al. 2019)*
Create norms

use quantitative measures

research ↔ practise
Conclusion

The Return-to-play is a continuum
Participation – Sport – Performance

Feeling, experience, adaptation...
+ Quantitative assessments
= Safe Decisions to RTP
Aude AGUILANIU
Sport physiotherapist
PhD student

contact:
aude.aguilaniu@uliege.be